



THE MOUNTAIN POST COMMUNITY INFORMATION EXCHANGE June 2014 Newsletter

USAG Garrison:

- GC- Welcomed the new Garrison CSM
- 03 July: 4th on the 3rd Fireworks Celebration in Iron Horse Park
- 29 July: Colorado Springs Airport Ribbon Ceremony for the new Fort Carson Kiosk

Upcoming August Events:

- Destination Fort Carson, 20 August

Safety message: Be alert when walking or running on Fort Carson. It is summer and snakes are out along with wild animals. Snakes have been spotted in various locations as well as a bear. So be alert. Lightening is a major concern, please be cautious when it storms and get under cover whenever you see lightening.

Director and Partner Updates

MEDDAC

TRICARE On Line (TOL), 24/7

- www.tricareonline.com
 - CAC, DFAS myPay Pin, and DS Logon enabled
- 24/7 access to appointments with Primary Care Manager within 24 hours (or after 3 p.m. for next day appointments)
- No waiting on hold at 6 a.m. for appointments
 - Text message appointment reminders!
 - Prescription refill renewals
 - Easier access, more convenient
 - 95% of all primary care appointments are web-enabled
 - 99% of optometry vision checks and GYN well-woman exams also web-enabled



Relay Health – Secure Messaging, 24/7

A remedy for the common waiting room

With online services from Army Medicine Secure Messaging Service you can:

- Book appointments
- Request/review lab and test results
- Request medication refills
- Request a referral
- Email your doctor a question
- Schedule web visits with your doctor

It's healthcare that clicks.

To register for online services visit with your care team administrator or call the office for more details. Sign up today and start making your life easier.

ARMY MEDICINE
Serving To Heal...Honored To Serve
SECURE MESSAGING SERVICE

Bring It To Life

Once you have filled out this form, Please give to your Patient Centered Medical Home Front-Desk Clerk or your Nurse

POWERED BY RelayHealth



ARMY MEDICINE
SECURE MESSAGING SERVICE

POWERED BY RelayHealth

Online communication tool to:

- Request prescription renewals
- Receive laboratory test results
- Request appointments and referrals
- Receive guidance from your medical team by secure email
- Consult with your medical team regarding non-urgent health care matters

Enroll by providing your email at your next primary care appointment.



Director and Partner Updates

MEDDAC

Ironhorse Strong “I-Heart” Challenge

Concluded 13 June with Team/Individual Presentations

- After a kickoff in early March 2014 with over 295 participants across Fort Carson, prizes were awarded to winning teams and individuals. Many personal testimonies were shared... changing lives through fitness, metabolism awareness, sleep, and nutrition.
- The winning team, "Fab Five Fitbitters" lost 66 lbs. and the runner-up team, "Weapons of Mass Reduction" lost 61 lbs! Over 600 lbs. were lost by the top 75 competitors!
- This was a great partnership between 4ID, the Army Wellness Center, FMWR, the Sergeant Audie Murphy Club and EACH Nutrition Care Division. Standby for I-Heart Challenge 2.0 coming soon!

“New Mom Meals”

Making a memorable experience even more special

- EACH kicked off “new Mom meals”, offering a fine dining experience to families in our Mountain Post Birthing Center
- The Chef-prepared menu includes a variety of entrées, side dishes, salad and dessert from which to choose. Entrée highlights include: Chicken Cordon Bleu, Beef Medallion with Demi-Glace or Cheese Tortellini in Marinara Sauce.
- Each meal comes with a special dessert, sparkling water, and congratulatory card signed by the hospital Commander.



Director and Partner Updates

MEDDAC

Preventive Tests/Exams (HEDIS)

“Help us help you – stay current on these screenings”

- Breast Cancer Screening Mammogram – **82% current**
 - Required every other year, females ages 50-74
- Cervical Cancer Screening Exam (pap) - **79% current**
 - Required every 3 years, females ages 21-64
- Diabetes Management Lab Screenings - **88% current**
 - Diabetic patients require annual A1c and LDL tests
- Colorectal Cancer Screening - **81% current**
 - Required baseline sigmoidoscopy or colonoscopy at age 50, and then every 5-10 years (or annual fecal occult blood test (FOBT))

367 overdue

2,018 overdue

135 overdue

907 overdue

Source: Evans ACH eligible HEDIS population data by metric, June 2014

We Appreciate Your Input!

- **Sprint 4G upgrades.** We have upgraded our guest wireless services, increasing speed and adding coverage to additional access points around the hospital, waiting rooms, and common areas including inpatient wards (3rd-5th floors).
- **Disease Management Clinic Move to Premier (1 July 2014)**
This move allows us to prepare space for Cardiology Services that will be expanded at EACH this summer.
- **Consolidation of Patient Services (1 August 2014)**
Patient services at EACH will soon be consolidated at the front of Evans ACH (old TSC) providing access to Information, Patient Advocates, Travel, American Red Cross, and Patient and Family Centered Care (PFCC) services.



Director and Partner Updates

DENTAC



Red Cross Volunteer Dental Assistant Program

- **Graduation of Present Class at Smith DC on Thursday, 26 June 14 at 1100 hours.**
- **Next Class:**
 - Expanding Class from 8 to 10
 - Applications will be accepted between 1 August and 5 September 14
 - Applications can be picked up at the Red Cross office at Evans Community Hospital (ECH)
 - Eligibility Requirements: DOD ID Card Holder – must be 18 years of age or older & a U.S. Citizen
- **AEGD-1 Residency Training Program Graduation – 17 July 14, 1000 hours at 4ID HQ, Room 107**

DFMWR

• **4th on the 3rd Celebration**

July 3, 4-9:30 PM, Fort Carson Iron Horse Park

Fireworks Show start at approximately 9:15 PM

Live Music, Concert by the 4ID Band, Rock Wall, Family Activities, Bounce Houses, Photos, Wrecking ball, Bungee Jump, Corn Maze, Beverage Tents and Food Vendors, Giveaways!

• **Dinner and a Movie** — 17, 24, and 31 July at the SEC. Doors open at 5:30 PM, Dinner at 6:00 PM

• **CG Scramble, "Carson Golf Scramble"** – Call the Cheyenne Shadows Golf Club for dates and times



Director and Partner Updates

Directorate of Emergency Services

If you see anything suspicious Report it to:

Emergency 911

Non-Emergent 719.526.2333

CRIME STATS FOR JTF-CARSON

BLUF: Crime is down on the Fort Carson Installation and total crime attributed to soldiers is down

- Down 29.4% in total crime (includes all crime on post and soldier crime off post)
 - ❑ Despite overall decrease, we are up YTD in Fraud, Threats/Harassment, Weapons, & Wrongful Destruction
- Down 30% in on post crime
 - ❑ Despite overall decrease, we are up YTD in Fraud, Threats/Harassment, Weapons, & Wrongful Destruction
- Down 27.5% in off post crime
 - ❑ Despite overall decrease, we are up YTD in Rape & Threats/Harassment
- Down 40% in all crime attributed to soldiers

BLUF: Crime Prevention is paramount to keeping our numbers low

- Activated CRMINT (Fusion) Cell
- Migrating towards intelligence-led policing
- Directed Patrol (weekly Patrol Script, includes Hot Spot Map)



Director and Partner Updates

Directorate of Public Works

Net zero water goal

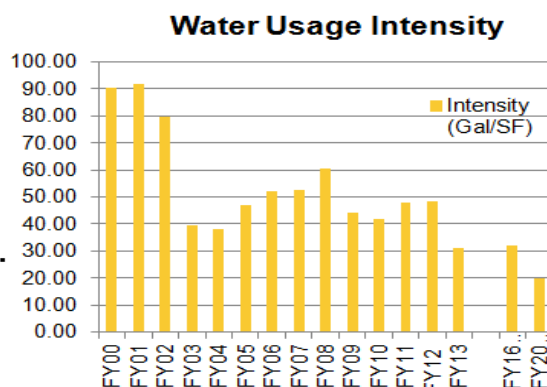
PAST EFFORTS

- Installation of smart weather-track irrigation system and elimination of unnecessary sod areas improves effectiveness of irrigation program
- Watering restrictions in 2013, due to drought conditions, led to 36% water usage reduction!
- Water fixture upgrades in military facilities, housing and the hospital led to 8% water usage reduction.



CY2014 WATER POLICY

- No watering restrictions due to favorable water supply outlook.
- Use water wisely, indoors and outside.
- No large bathing pools allowed in Housing area – Post pools are free!



RECLAIMED-WATER EXPANSION PROJECT

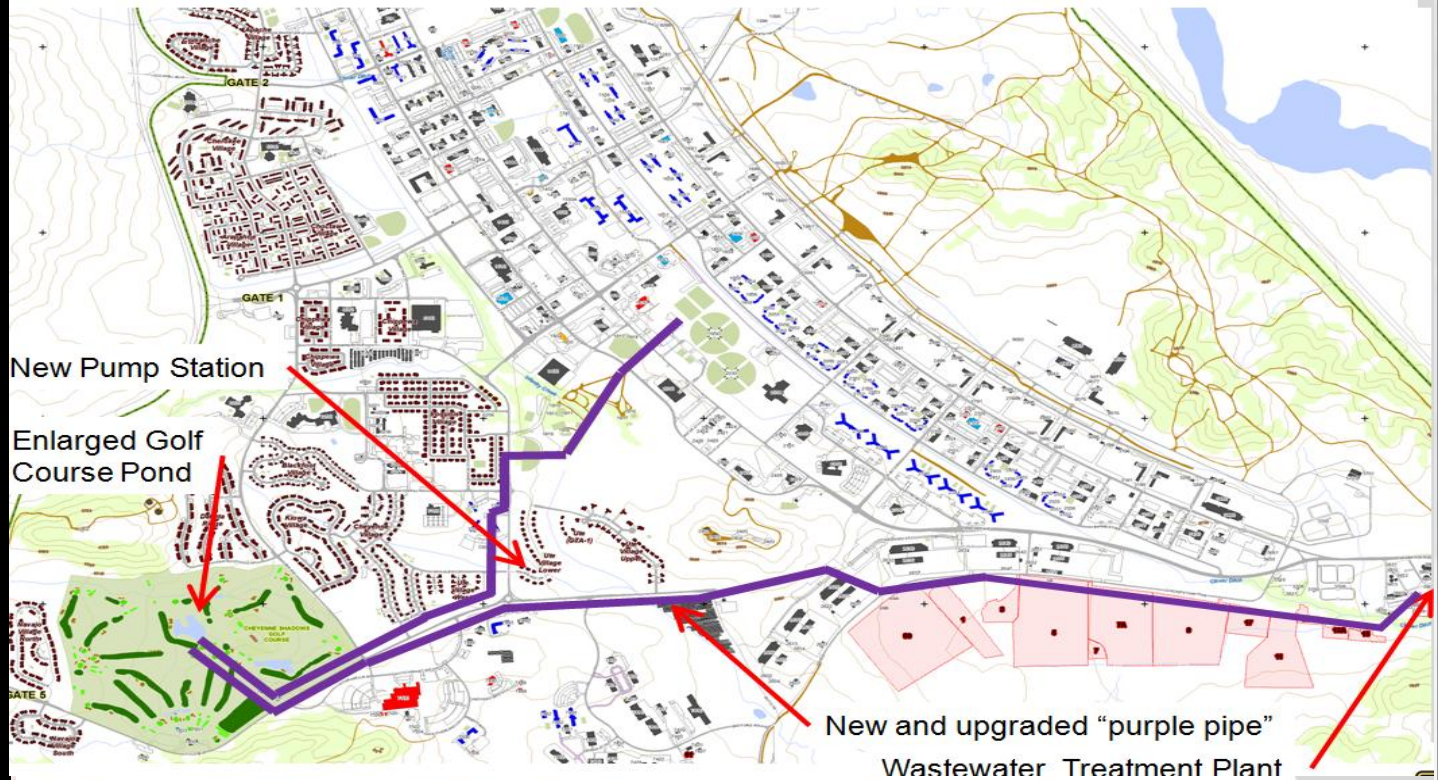
- Fort Carson has used it's reclaimed water from the wastewater treatment plant to irrigate the golf course since the mid-80s. The golf course uses about 60% of the available effluent in the summer.
- As a Net Zero water initiative, DPW will expand the reclaimed water system to include "must-water" areas such as sports fields, parks, and parade grounds.
- The cost of the reclaimed water is only 25% of the cost of potable water, and the use of reclaimed water is exempt from watering restrictions or limitations.



Director and Partner Updates

Directorate of Public Works

RECLAIMED-WATER EXPANSION PROJECT



RECLAIMED-WATER EXPANSION PROJECT

Areas Irrigated with Reclaimed Water

- Existing
- Under Construction
- Future Planned

Founder's Field

Running Track

Iron Horse Park

Pershing Field

Sports Complex Softball and Multi-purpose Fields

Iron Horse Park Softball Fields

Golf Course



Director and Partner Updates

Army Community Service

• FINANCIAL READINESS SEMINAR

This seminar is designed to provide Soldiers and Families with information and tools to prevent financial stress and hardship during hard economic times. Dr. Fred Crowley, Economist and Senior Instructor in the College of Business at University of Colorado, Colorado Springs, will present the topic, "A Penny Saved is a Dollar Earned".

WHERE: The Hub

WHEN: 0900 – 1100 (27 June 2014) / Action Officer: Mary Braxton / 719-526-0449

• AUTO MAINTENANCE 101 FOR SPOUSES

This event will provide spouses with basic auto maintenance skills (i.e. checking tire pressure, changing a tire, checking the oil) which are needed if an emergency were to arise. Participants can sign up on the Eventbrite site.

WHERE: Auto Crafter Center, BLDG 2427

WHEN: 0900 – 1100 (22 July 2014) / Action Officer: Erin Pinero / 719-526-0457

• ANNUAL MAYORS' ELECTION (POST HOUSING)

Each year Fort Carson residents have the opportunity to elect a new Mayor for their designated village. All Village Mayor positions are open to those living in Fort Carson Family Housing; there are 17 Villages throughout the Fort Carson Community. Anyone interested in running for Village Mayor should contact the action officer at the number below NLT 11 August.

WHERE: There will be voting locations at: ACS (BLDG 1526), AAFES PX, the Commissary, Evans Army Community Hospital and the Balfour Beatty Community Center.

WHEN: 0830 – 1600 (20-21 August 2014) / Action Officer: Joey Bautista / 719-526-1082



**WE WANT YOU
FOR
VILLAGE MAYOR**



Balfour Beatty Communities

IMPORTANT REMINDERS!

Complimentary Mowing for Spouses of Deployed Soldiers and Eligible WTU Soldiers-

- *Bring in a copy of deployment orders to your community management office and complete a short form

- *WTU Soldiers need a memo from Cmdr requesting the service

Mountain Post Running Club

- *Meet at the Exchange- every Wed from 1600-1800

- *All are welcome; 5K and 10K routes

- *Exchange Restaurants will give \$1 off every combo with MPRC stamp and will give away two \$25 gift cards each month!

- *Reach 100K- BBC will give you a MPRC exclusive T-shirt



Director and Partner Updates

Balfour Beatty Communities

VOLUNTEER PROGRAM

- Open to all teens 13-17 yrs old who have a heart to help and want something rewarding to do this summer!
- Contact Kris Spiller at kspiller@bbcgrp.com or 579-1606 ext 256
- Teens help out at our summer events to include Beat the Heat events, Kid's craft time, BBQ and many other great events hosted by BBC

THE UP AND COMING!

THE UP AND COMING!

4th Annual Resident Appreciation BBQ!

Thursday, June 26th

1500-1800

Joel Hefley Community Center

❖Vendors

❖Give-aways

❖Inflatables

❖Free burgers, dogs and other treats

❖Rocky Mountain State Games Rep

❖Pickle Ball and Frisbee Golf Demos

❖Best Part- It's FREE

❖JUNE 27TH- Slip N Slide Fun 3pm JHCC-
bring a towel and sunscreen!

JULY 2014: All Events at the JHCC

- July 10th 3pm **Fun with Science** Milk color tornado, make bag ice cream, and mentos rocket
- July 17th 3pm **Water Play Day** Water Balloons and sprinklers
- Family BINGO NIGHT Back to School Theme July 18th 5:30pm

July Craft times for kids:

- July 8th -10 am Bubble Paining
- July 14th -10 am Outside Painting
- July 21st -1pm tie dye handkerchiefs
- July 22nd -1pm SURPRISE CRAFT

Check out our Face Book Page, Website and Calendar for more FUN,
FREE EVENTS!



Director and Partner Updates

Army and Air Force Exchange Service



We Price Match!

And... there's no tax!
We match prices on identical merchandise from any local competitor.*

Please show competitor's ad for price differences over \$10.
* Verbal price challenges may require validation by store management.
Exclusions include but are not limited to Special Offers, Limited Quantities, Clearance, Closeouts, Catalogs, Online Competitors' Websites, Fine Jewelry, Commissary, Exchange Concessions, Gift Card Offers, and Rebates.



Commissary

Current Ops	Key Tasks
Ft. Carson's Seafood Road show will change its schedule to once a quarter instead of once a month.	
Upcoming Events	Issues
<p>Your Commissary Holiday Hours:</p> <p>Independence Day: OPEN Friday, 4 July, 2014 1000-1800. No Early Bird shopping</p>	<p>EARLY BIRD - Shopping, 20 items or less Monday - Friday from 0700-0900.</p>

Red Cross

CPR/First Aid/AED

An emergency can happen at **any time** and **anywhere**, so be prepared!

Classes offered on Ft Carson or close to home if you live off-post.

Military discounts offered!

Call the Fort Carson office for details on the promotion code offer.

Volunteer Services

The American Red Cross is a volunteer driven organization with a proud history of service. We are constantly looking for new volunteers to help support the local community.

Current needs:

- Red Cross Office Assistants
- Hospital Volunteers
- Disaster Assistance
- Health and Safety Instructors
- Leadership Volunteers:
 - Chairman of Volunteers
 - Youth Program
 - Awards and Recognition

Prepare Colorado



Prepare Colorado is a statewide, whole-community movement to save lives and reduce the impacts of disasters by mobilizing Coloradans to take action today to be more prepared for disasters and emergencies.

➤ Preparedness and Resiliency Trainings

Training can be a short briefing or a multi session series. It's up to you.

Call now to schedule training for your group.

For more information call
526-7144 or 526-2311
Or stop by our office at Evans
Army Community Hospital



Director and Partner Updates



COLORADO SPRINGS

June 25th and 26th- Sesame Street at Fort Carson

June 27th and 28th- Sesame Street at Peterson Air Force Base

July 14th and July 15th- Game On Nation

*Please join us for Crafts for Kids every Saturday at the USO Colorado Springs from 12pm to 2pm

As always, the USO is open 7 days a week for soldiers and their families to come enjoy a snack and take advantage of the great services offered at the USO Colorado Springs. Please call with any questions, 719-568-3500.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ARMED SERVICES YMCA

JUNE 2014 PROGRAM UPDATES



Director and Partner Updates

Armed Services YMCA

OPERATION KID COMFORT

FREE QUILTS FOR CHILDREN OF DEPLOYED
SERVICE MEMBERS

www.ppymca.org/programs/military/operation-kid-comfort

3-5 MONTH PRODUCTION TIME

www.facebook.com/SoutheastArmedServicesYMCA

UPCOMING & ONGOING EVENTS

- **OPERATION OUTDOORS WOUNDED WARRIOR CAMP #1**

- 14-17 AUG
- FALL MILITARY ZUMBATHON – 13 SEP

- **OPERATIONS OUTDOORS WOUNDED WARRIOR CAMP #2**

- 19-21 SEP 2014
- ORNAMENTS FOR SOLDIERS : 4 OCT

- **OPERATIONS OUTDOORS WOUNDED WARRIOR CAMP #3**

- 10-14 OCT 2014
- HAUNTED HOUSE EVENT: 24 OCT
- FALL FESTIVAL: 25 OCT
- MILITARY 1ST DINNER – 1 NOV
- VETERANS APPREC. BREAKFAST: 7 NOV
- BREAKFAST WITH SANTA: 6 DEC
- OPERATION HERO WINTER CAMP: 22 DEC – 2 JAN



Director and Partner Updates

Colorado Springs Sports Corp

Pikes Peak Speedweek – June 20-29 (www.PikesPeakSpeedweek.com)

- Air Strip Attack @ Colorado Springs Airport – June 27 & 28 (www.PikesPeakAirstripAttack.com)
- Fan Fest in downtown Colorado Springs on Tejon St. – June 27, 5:00-10:00 – FREE
- Pikes Peak International Hill Climb on Pikes Peak Highway – June 29 (www.PPIHC.com)

Rocky Mountain State Games – July 18-20 & 25-27 (www.RockyMountainStateGames.org)

- 42 Sports in 36 locations
- All ages and all ability levels welcome
- Military Assistance Program provides a 50% discount for team and individual registrations

Olympic Downtown Celebration & Opening Ceremony for the Rocky Mountain State Games – July 25, 5:00-9:00 - FREE

- Olympic Athletes
- Denver Broncos bouncy rooms
- Denver Broncos Alumni Association Autographs
- X-pogo Stunt Team
- Bands and concert

The Village with the most participants wins a free Mascot Night party

Denver Broncos Junior Training Camp – July 26, 10:00-11:30

- Introductory Skills Camp
- 10-14 years old

• Register at Fort Carson Youth Recreation Center

•Colorado Springs Sports Corp

- Colorado Springs Sports Commission

• Rocky Mountain State Games

- Olympic Style Amateur Sports Festival
- All ages, all abilities
- 42 sports, 36 venues, July 18-20 & 25-27

• Military Assistance Program

- 50% discount
- Neighborhood Competition (Mascot Party)
- Sponsors



Director and Partner Updates

74th Annual Pikes Peak or Bust Rodeo Days

Tickets are now available at PikesPeakorBust.org

Military and Group Discounts

Rodeo Dates and Times:

Wednesday, 9 July, 7:15 p.m.

Thursday, 10 July, 7:15 p.m.

Friday, 11 July, 7:15 p.m.

Saturday, 12 July, Matinee, 12:45 p.m. and evening, 7:15 p.m.

You asked ... We Responded
Questions and Answers from the June 2014 CIE

No questions received for the June CIE

Fort Carson has just published
its new website, and we invite
you to take a look:

<http://www.carson.army.mil/>

4th Infantry Division & Fort Carson
DIV FRSA 503-0025

Army Community Service (ACS)
Director 526-0443

Family Advocacy Pgrm Mgr 526-4590
Army Volunteer Corps Pgrm Mgr 526-1082
Family Enrichment Pgrm Mgr 526-0460
Exceptional Family Member Pgrm Mgr 526-0446
Carson Cares 526-1949
Survivor Outreach Services 526-0442
Warrior Family Community Partnership 526-8747
AFAP / AFTB 526-4590 / 526-8636

American Red Cross
526-7144 <http://chapters.redcross.org/co/ftcarson>
Information:
Main Office 526-2311
Hospital Office 526-7144

Wounded Warrior Programs 526-2311

Army and Air Force Exchange Services
AAFES Manager 576-6174

Army Education Center 526-4104

Army OneSource
303-818-6242 , www.myarmyonesource.com

Free entrance to CO National Parks with DV ID
SJA advancements—pro bono benefits

Key Partnership Forum

Balfour Beatty Communities
491-8026

Information: Mountain Post Running Club every
Wednesday from 4-6pm at The Hub.

Big Brothers/Big Sisters of Pikes Peak Region
457-8404 www.bebigpikespeak.org

BOSS
524-2677, Office located at The Hub

Civilian Personnel Advisory Center (CPAC)
Fort Carson Employment Information
Bldg. 1118, Rm. 161 (AF), Rm 142 (NAF)
526-6972 / 526-0478 / 526-5316

Colorado Military Family Alliance (CMFA)
pcstvnsn@aol.com

Commissary
Store Manager 503-8300

Customer Service Management
USAG Plans, Analysis & Integration Office
Customer Service Manager 526-1706
<http://www.carson.army.mil/cms/>
<https://ice.disa.mil/>

Directorate of Emergency Services
Director 526-1453
Non-Emergency Dispatch 526-2333

**Directorate of Family and Morale, Welfare
and Recreation (DFMWR)**
Director 526-6452
Complete Calendar at www.mwrfortcarson.com
Business Division Chief 526-6933
Elkhorn Catering and Conference Center 576-
6646

Child, Youth and School Services
Coordinator 526-1333
Recreation Division Chief 524-4417
Sports and Fitness 526-2151
Events and Entertainment Coordinator 526-
4495 www.facebook.com/CarsonMWRevents
www.mwrfortcarson.com

Directorate of Public Works Director 526-3415

Family Readiness Center 526-5199
[usarmy.carson.forscom.mbx.family-readiness-
center@mail.mil](mailto:usarmy.carson.forscom.mbx.family-readiness-center@mail.mil)

Fountain-Fort Carson School District 8
Superintendent 382-1310

Military Child Education Coalition/ Parent to Parent
375-0548. Co_parent2parent@yahoo.com

Mountain Post Spouse's Club
MPSpousesClub@gmail.com
Info: Submit board position nominations to above email.

Pikes Peak Area Council of Government
<http://pikespeak.networkofcare.org>
Military impact planning, Service Directory, Library, Social Networking, Legislate, Assistive Devices, Nation- wide News

Protestant Women of the Chapel
pwocadmin@gmail.com,
fortcarsonpwoc.wordpress.com

Religious Support Office 526-5279

School Liaison Officers:
School Dist: School of Knowledge, Inspiration, Exploration & Skills Unlimited 524-2896
School Dist: 12, 20, Private & Parochial 526-3362
School Dist: 22, 23JT, 28, RJ-1, 60-JT, 200, Douglas
County, 53JT 526-1071
School Dist: 2, 3, 8, 14 524-0642

Thrift Shop
Bldg 305 on Tevis St.
Tues-Thurs 1000-1430, and First Saturday of the month Jul – Sep

USA MEDDAC Fort Carson
MEDDAC CDR 526-7500
Appointment Line: 524-/526-CARE (2273)

USO Manager 579-9699
1625 Ellis St., Bldg 1218
Information: Mon-Fri: 1100-2100, Sat: 1200-1800
Lunch: 1100- lunch runs out
Dinner: 1800- 2030, Hot dogs, brats or burritos
WiFi Internet Café, Movie Theater, TV Lounge, Snack Bar & Patio, Karaoke and Special Events, Gaming Areas, Xbox, Pool Table, Poker Tables, Conference Room, Children's learning center and more...

United States Postal Service 360-9667
Fountain Post Office 382-4625
Security Post Office 570-5450
Cheyenne Mountain Post Office 570-5472

VETCOM
Vet Treatment Facility NCOIC 526-9841
Microchip and register all pets 526-3803

Next CIE
Thursday, 28 August 2014
0930 – 1100
Location: The Special Events Center